



# KCA TOOL BOX TALK: Lyme Disease Prevention from Tick Bites

Lyme disease affects everyone differently. Some people get sick in about a week. The first sign may be a rash near the tick bite. Other people may not seem sick until months or years after a tick bite. The disease can permanently damage your nervous system and joints.

### Signatures

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### Prevent Lyme Disease:

- ✓ Be aware deer ticks are tiny. Most can fit on the head of a pin. The ticks are found in brush, overgrown areas and tall grass. May and June are the worst months, but the ticks are active in all warm months.
- ✓ Wear long pants and long-sleeves when working in wooded areas. Tuck your pant cuffs inside your boots and shirt into your pants.
- ✓ Light colored clothing makes it easier to spot ticks.
- ✓ Use tick repellent and spray near the openings on your cloths, such as ankles and wrists.
- ✓ Shower as soon as possible after work to wash off or find ticks on you. If you are bitten, see a doctor.

For more information visit OSHA REGULATION: 1926.51

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